



CARROTS, BABY, FRESH

Date: April 2009

Code: F115

PRODUCT DESCRIPTION

- Fresh baby carrots are U.S. No. 1 or better.

PACK/YIELD

- Fresh baby carrots come in a 1-pound bag and are ready-to-eat. There are about 48 baby carrots in 1 pound.

STORAGE

- Baby carrots should be stored in the refrigerator in a plastic bag, loosely tied or knotted.
- Look at the "Best if used by" or "Best by" date on the package.
- For further guidance on how to store and maintain USDA Foods, please visit the FDD Web site at: <http://www.fns.usda.gov/fdd/facts/biubguidance.htm>.

PREPARATION/COOKING

- Some pre-cut, bagged produce like baby carrots are pre-washed. If so, it will be stated on the package. Pre-washed, bagged produce can be used without more washing.
- If you like, you can wash carrots again just before using. After opening, loosely tie bag and store remaining carrots in the refrigerator.
- To bake or roast: Baby carrots can be roasted whole or cut into halves lengthwise. Place carrots on a baking sheet coated with cooking spray and cook at 400 degrees F for 25 to 30 minutes or until browned and just soft.
- To microwave: Cut carrots into slices or halves and place in a microwave-safe dish. Add 3 tablespoons of water. Cover and cook on high for 10 minutes. Stir halfway through cooking time.
- To boil: Add to boiling water and cook on low heat for about 8 to 10 minutes.

USES AND TIPS

- Baby carrots can be eaten raw or cooked.
- Baby carrots can be eaten plain as a snack or an appetizer, and sliced or chopped to add to salads.
- Baby carrots make a great snack with low-fat dips or salad dressings.
- Baby carrots can be cooked using many different methods, and can be eaten as a side dish on their own or cooked with other vegetables.

- Baby carrots can be added to other dishes like stir-fries, casseroles, omelets, soups, and stews.

NUTRITION INFORMATION

- 6 baby carrots count as ½ cup in the MyPyramid.gov Vegetable Group. For a 2,000-calorie diet, the daily recommendation is about 2 ½ cups of vegetables.
- ½ cup of baby carrots provides more than a day's worth of vitamin A.

FOOD SAFETY INFORMATION

- Keep baby carrots that are going to be eaten raw away from raw meat, poultry, or seafood and from the kitchen tools used with meat, poultry, or seafood.

OTHER RESOURCES

- www.nutrition.gov
- www.commodityfoods.usda.gov

NUTRITION FACTS

Serving size: ½ cup (70g) baby carrots

Amount Per Serving

| Calories | 25 | Calories from Fat | 0 |
|---------------------------|------|-------------------|-----------|
| % Daily Value* | | | |
| Total Fat | 0g | | 0% |
| Saturated Fat | 0g | | 0% |
| Trans Fat | 0g | | |
| Cholesterol | 0mg | | 0% |
| Sodium | 55mg | | 2% |
| Total Carbohydrate | 6g | | 2% |
| Dietary Fiber | 2g | | 8% |
| Sugars | 3g | | |
| Protein | 0g | | |
| Vitamin A | 190% | Vitamin C | 4% |
| Calcium | 2% | Iron | 4% |

*Percent Daily Values are based on a 2,000 calorie diet.

SPICED BABY CARROTS**MAKES ABOUT 4 SERVINGS****Ingredients**

- 3 cups water
- ½ teaspoon cumin (if you like)
- ½ teaspoon cinnamon
- 1 pound baby carrots
- 2 tablespoons margarine
- 3 tablespoons brown sugar (or regular sugar)
- ⅛ teaspoon salt
- 2 teaspoons lemon juice

Directions

1. In a medium-size sauce pan, bring water and cinnamon to a boil. If using cumin, add that too.
2. Add carrots and cook until soft but not mushy, about 5 minutes. Drain well and return the carrots to the pan.
3. Add margarine, brown sugar, salt, and lemon juice to the carrots and stir.
4. Cook 3 to 4 minutes or until the liquid is thick like syrup.

| Nutritional Information for 1 serving of Spiced Baby Carrots | | | | | |
|--|-----|--------------------|--------|-----------|---------|
| Calories | 110 | Cholesterol | 5 mg | Sugar | 10 g |
| Calories from Fat | 50 | Sodium | 170 mg | Protein | 1 g |
| Total Fat | 6 g | Total Carbohydrate | 14 g | Vitamin A | 840 RAE |
| Saturated Fat | 2 g | Dietary Fiber | 3 g | Vitamin C | 4 mg |
| | | | | Calcium | 54 mg |
| | | | | Iron | 1 mg |

Recipe adapted from USDA, FNS, Food Distribution Division, 2009.

SIMPLE ROASTED BABY CARROTS**MAKES 6 SERVINGS****Ingredients**

- 1 pounds baby carrots
- 2 tablespoon vegetable oil (or use olive oil)
- ¼ teaspoon garlic powder
- ¼ teaspoon salt
- ¼ teaspoon black pepper

Directions

1. Preheat oven to 450 degrees F.
2. Mix together carrots, vegetable oil, garlic powder, salt, and pepper.
3. Spread mixture on a baking pan.
4. Roast for 10 minutes, remove from oven, and stir
5. Return to oven and roast for 10 more minutes or until just soft.

| Nutritional Information for 1 serving of Simple Roasted Baby Carrots | | | | | |
|--|-------|--------------------|--------|-----------|---------|
| Calories | 50 | Cholesterol | 0 mg | Sugar | 4 g |
| Calories from Fat | 20 | Sodium | 160 mg | Protein | 1 g |
| Total Fat | 2.5 g | Total Carbohydrate | 6 g | Vitamin A | 522 RAE |
| Saturated Fat | 0 g | Dietary Fiber | 2 g | Vitamin C | 2 mg |
| | | | | Calcium | 25 mg |
| | | | | Iron | 1 mg |

Recipe adapted from RecipeZaar.com.